

16<sup>th</sup> International Conference and Exhibition on

# OBESITY & WEIGHT MANAGEMENT

&

## 17<sup>TH</sup> WORLD FITNESS EXPO

 November 13-15, 2017 | Atlanta, USA

### Study of the relationship between abdominal obesity and microalbuminuria in elderly

**Amira H Mahmoud**

Ain shams university ,Egypt

**Background:** Obesity increases the risk for variety of diseases which in turn, decreases the overall lifespan in both men and women. Though the cardiovascular risks of obesity are widely acknowledged, less often identified is the relationship between obesity and renal function.

**Aim:** To study the relationship between abdominal obesity and micro-albuminuria in elderly subjects.

**Methods:** A cross sectional study was conducted on 200 elderly subjects, aged  $\geq 60$  years. Subjects were recruited from both Geriatrics and Gerontology department and Internal medicine at Ain Shams University hospital, Cairo, Egypt. All patients had anthropometric measurements done including weight, height, body mass index, waist circumference, hip circumference and waist hip ratio, also assessment of blood pressure and albumin/creatinine ratio in urine.

**Results:** Mean age of participants was  $74.96 \pm 5.603$  years. Mean waist circumference in whole sample measured  $96.78 \pm 16.85$ , mean hip circumference was  $106.31 \pm 19.24$ , mean waist hip ratio measured  $0.91 \pm 0.09$  and mean body mass index was  $27.83 \pm 9.8$ . All of waist circumference, waist hip ratio, systolic blood pressure, hypertension, diabetes mellitus, ischemic heart disease, renal disease were significantly related to micro-albuminuria. Also, fasting blood sugar, serum triglycerides and renal functions were related to micro-albuminuria, meanwhile on multivariate analysis abdominal obesity as measured by waist hip ratio was the strongest variable correlated with micro-albuminuria in elderly subjects in the whole sample.

**Conclusion:** Abdominal obesity is strongly associated with micro-albuminuria in Egyptian elderly.

#### Biography

Amira Hanafy Mahmoud has completed his PhD 2011 from Ain shams university in Egypt and was upgraded to th position of Associate professor of geriatric medicine in same university, published about 10 papers in reputed journals.currently working in KSA as a Geriatric consultant.

amira\_mahmoud93@yahoo.com

#### Notes: